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Department of Education
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SCHOOLS DIVISION OFFICE - SCIENCE CITY OF MUÑOZ
GABALDON INTEGRATED SCHOOL

Transforming Oneself to Best Person through Humility

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Humility is defined by J.P Tangney, a university professor of Psychology and book writer, as a deep, comprehensive concept that is distinguished by an accurate appraisal of one's qualities, the capacity to admit limits, and a "forgetting of the self." True humility is frequently connected with a feeling of unworthiness and poor self-esteem. In 2020, Century City, a blogger, defines it as the feeling or attitude that an individual has no special importance that makes them better than others or having a "lack of pride". The humbled mindset seems to have had a tremendous good impact on their lives, particularly on their cognitive and interpersonal skills, as well as decision making. Their ability and eagerness to learn are intimately tied to their level of humility. For D. Robson, science writer and author, modest people learn and solve problems more effectively because the more humble people is, the more they possess a large number of advantages.

Humility is an undervalued attribute that is rarely acknowledged. It is mentioned frequently in holy literature, and while it may appear outdated, it is a quality that is completely required nowadays. Everything has changed in society, and so much emphasis has been placed on looks, successes, and bragging. Is the existence of humility stressed in this kind of case? Is it really impossible to demonstrate humility that it is hardly regarded as one of human values?

When it comes to growth, one of the most significant characteristics is humility, which fosters trust and encourages learning, both of which are



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important parts of character and leadership development. For some, humility is a show of weakness, which is a negative character, but in the big sense, it is something that will lead one's life far as an individual or as a leader. Even the best teacher in the world makes mistakes. The greatest teacher in the world still has a lot to learn about education and thus should work more effectively as both a teacher and a student. Considering life is a never-ending process of growth and learning. When a teacher or student lacks the ability to perceive their shortcomings, they may not be able to reach the highest ability. Ego strips away a human's opportunity to fulfill.

According to Vicki Zakrzewski (2016), founding education director of the Greater Good Science Center, humble people should not lack proud of their successes. Instead, it is now the perfect timing on how to share their abilities with the world. Zakrzewski provided several ideas on how to live modestly and humbly. First, showing compassion for others instead of focusing just on own success. Another is instead of looking down on individuals or coworkers who are less skilled, assist them in improving and look up to those who above with a gaze of inspiration, not envy. Being coachable and accepting feedback as a source of growth rather than bitterness is one of those ideas and lastly, apologize after a mistake.

Humility is a valuable asset in the pursuit of self-improvement. Through leading a simple life, people become aware of the aspects in life that require change. Humility is also needed for true happiness. Frustration and anger at failure are natural reactions to any difficulty in life. It is critical that they grasp humility in order to properly negotiate losses and recover from setbacks. If they can confess and recognize their role in the misfortune, they



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can work to change it. They will get to the top and endure failures if they unite humility with their life's passion.

It is apparent how vital a humble mindset is in accomplishing a person's aspirations. The next step is to understand how to foster that mindset, which does not always happen naturally. However, nurturing this characteristic is difficult for the fainthearted, and it will not manifest instantly. But still it seems that one of the greatest benefits of humility is the freedom from needing to defend those parts and the often tend to disguise with others. To put it another way, person grow a calm, understanding, and loving heart. There are ideas to start.

One action to do is to hone gratitude and appreciation. Actions that improve gratitude and appreciation can make an individual feel more humble. Sending "thank you" respects the blessings that flow in life and, as a response, recognizes the worth of other people. Simply put, appreciation can make a person less self-centered and more interested on those what is around, which is a characteristic of humble individuals. Indeed, Elliott Kruse, a Research Professor, discovered that thankfulness and humility are driving significant. Expressing thankfulness can lead to humility, and modest individuals are better at conveying gratitude.

Building confidence is another thing to think about. Confidence can relate to a broad feeling of empowerment and reliance out one's ability to get things done in life, or it can refer to a situation-specific sense of believe and trust. Confidence could also play a part in motivating a person to achieve goals. In living a full life, people should have a confidence. They must remember that humbleness is not a weakness but its strength. It's about



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using that strength to become a best person. There are numerous things that a person may do to boost their self-esteem like stop comparing things and one's attributes, be with positive people and try to practice positive self-talk like "I will get there" or "I'll succeed the next time". Make time at the end of each day to dwell on accomplishments, and consider that success is a series of tiny wins. Support and rejoice also the triumphs of peers and colleagues as well as recognize them in making the job well ended. Considering one's behavior is also a must-reflect. Keeping a positive attitude and reflecting with actions and choices will assist in attaining and maintaining humility. Don't react negatively to everything.

Above all, embracing one's humanity by accepting flaws is significant. If a person or colleague fails at something, they suddenly transform into someone else, perhaps a hateful person which is not really a beneficial move. Their self-compassion will be the valuable to other people, allow them feel what really is occurring on, tend to, and embrace one's flawless imperfection.

A person must remember to maintain their humbleness. Remaining humble does not imply timidity. Being modest entails accurately assessing an individual abilities and behaviors, not exaggerating their importance or greatness, but also not underestimating their achievements. True humility is self-awareness, an accurate impression of one's abilities, qualities, and flaws. Humility is the absence of pride. Keeping in mind that humility could indeed boost people's happiness and positive emotions is significant.



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